



VOCAL FREEDOM
Knowledge, Practice, Confidence, Freedom

SAVE MY TEACHER VOICE!

Relax and strengthen your voice for when you need it most. **Engaging, collaborative workshops designed for teachers**

Develop sustainable vocal habits and endurance. Use less effort and prevent vocal fatigue.

PD workshops for teachers, delivered by a practicing Speech Pathologist, experienced singer and teacher

Let us know your numbers and teachers' needs and we will tailor the workshop to you



Workshop Details:

Generally 3 hours
Best for 10-20 participants
\$450



To learn more contact Rosie:

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To book visit our website:

www.vocalfreedomaustralia.com.au

Learn how:

- The voice works
- The breath is connected to voice
- To warm your voice up for the day
- To use it efficiently and effectively
- To project above the class
- To achieve vocal endurance
- To relieve tension in the neck and jaw
- To meet your professional vocal needs
- To keep your voice healthy

Did you know:

The reported percentage of teachers who experienced a voice disorder at some point in their lifetime is between 50-80%.

(Cantor, Cutiva et al., 2013;
Martins et al., 2015)